244 Vegetables and Fruit. - Although kitchen-gardening has been encouraged by the Thai government, vegetables and fruit were grown in Bang Chan to a limited extent only. Every family had some sort of kitchen garden, but many edible plants which can be grown in the village were grown by relatively few families. The list of fruits grown in Bang Chan in 1948-49 (Sharp et al., 1953) included four times as many items as were grown by one or more of the 11 families that participated in the dietary study. The list of vegetables and spice plants grown or gathered by these families included 27 items, as compared to 41 listed by Sharp et al. Spices and chili were more commonly grown than vegetables and fruit.[1]

244 One affluent household whose food expenditures for 1949
245 were reported by Sharp et al., (1953, pp. 214-215) produced
433 for home use, 125 kg. of palm sugar valued at 200 baht and 500 coconuts, valued at 450 baht. Home production of both of these was unusual. Few families in Bang Chan grew either sugar palms or coconut palms and expenditures for coconuts and palm sugar were usual. During the major flood of 1942, villagers noted that coconut palms survived whereas all other fruit trees were destroyed. After this, a number of farmers planted coconut palms, but they had not yet begun to produce.

361 In 1954, about 120 acres (300 rai) of the total of about
311 2800 acres (7000 rai) of land in the village were used for
350 home sites and home gardens for 336 households. Individual home sites usually varied in area from about one-quarter to one acre, and were occupied by buildings, threshing floor and space for poultry as well as trees and garden space. Portions of this might be under water for several months of the year. Increased home production of fruit and vegetables would in many cases necessitate increasing the size of the home site by purchase, mounding or both. Ordinarily, increased land for the kitchen garden was obtained at the expense of some of the

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245 1. In a typical farm garden in Bang Chan one would find
249 bananas growing, and a number of plants used for seasoning curry. Various kinds of chilies, lemongrass, bergamot, of which both rind and leaves are used, and galangal were grown by all families who participated in the dietary study. Both sweet and holy basil were commonly grown. Many families grew
262 one or more varieties of gourds and of eggplant, some of which can be trained to grow on a tree or trellis. The inflorescence of the banana was also used as a vegetable. Leafy vegetables were not commonly cultivated but some families grew
262 (2)phag (2)ka-(2)cheed, a green water plant, in gardens staked
262 out at the edge of the canal, or in a pool, and some had trees,
262 the leaves of which were edible. Swamp cabbage or (2)phag
262 (3)bung grew wild along the edge of the canals and was the most commonly used green leafy vegetable. A few families
245 grew guava, jujube, star gooseberry, Manila tamarind, mango and pineapple.